Swimming Pool Rules and Regulations

{1}. All rules and requests made by lifesaving personnel must be followed.

{2}. All patrons entering the facility during Recreational/Lap Swim times are required to pay the facility admission fee. Parents wishing to watch their children that are 7 years and older during recreation swim are not required to pay the adult admission fee, but must remain in the designated spectator area.

{3}. Children under 7 years old or less than four feet tall must be accompanied by a parent or responsible person in a swimsuit at all times including in the water, on the deck and in the restroom. While in the water, the parent/responsible person must remain within arm's reach at all times.

{4}. Persons in the water must wear acceptable swimsuits. T-shirts are not allowed. A tight fitting rash guard is acceptable.

{5}. Animals are not allowed in the building or pool area, with the exception of guide/service dogs. Guide/service dogs are allowed on deck, but not in the water.

{6}. Candy, food or beverages are not allowed except in designated areas provided for eating or drinking. No glass items, chewing gum or smoking is permitted in the facility.

{7}. All patrons must shower before entering the pool. Persons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.

{8}. Everyone must pass a swim test before entering deep water. Weak or non-swimmers must remain in shallow water no deeper than their armpits.

{9}. Dangerous practices are prohibited. Patrons must not run on decks; climb, sit or jump from fences; dive in shallow water (less than 9 feet deep); dunk, push, pull or splash swimmers. Jumps are permitted feet first. Back jumps, twisting and flips are not permitted at any time.

{10}. Diving in water less than nine (9) feet deep, back dives, somersaults and cannonballs from the side of the pool or any other unsafe activities are not permitted.
Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the Pool Manager.

Walk at all times!!! DO NOT RUN!!!

Questions 1-7

Do the following statements agree with the information given in the text? In boxes on your answer sheet, write

<table>
<thead>
<tr>
<th>Statement</th>
<th>True/False/Not Given</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1). Parents wishing to watch their ten year old children during recreational swim are not required to pay the adult admission fee.</td>
<td>True</td>
</tr>
<tr>
<td>(2). No food is allowed to be taken to the swimming pool.</td>
<td>False</td>
</tr>
<tr>
<td>(3). Persons with open cuts and sores must shower before entering the pool.</td>
<td>True</td>
</tr>
<tr>
<td>(4). A child who is 4 ft tall has to be accompanied by a parent or responsible person:</td>
<td>True</td>
</tr>
<tr>
<td>(5). It is preferred that women wear a two piece swimsuit.</td>
<td>False</td>
</tr>
<tr>
<td>(6). When you jump into the water, your feet must touch the water first.</td>
<td>True</td>
</tr>
<tr>
<td>(7). Diving in 10 ft. deep water is permitted.</td>
<td>False</td>
</tr>
</tbody>
</table>

Some Off-beat Destinations Near Delhi

{A}. Pangot

A charming little hill town near Nainital, Pangot is a paradise for nature lovers and bird watchers. With around 580 bird species recorded in this area, you are bound to encounter a few fluttering colourful feathers. The resorts here are gorgeous and will make your holiday worthwhile.
(B). Fagu

Fagu is an enchanting little hill town in the Kufri region of Shimla. You can have a glimpse of the majestic Himalayan summits from here. Dotted by little stone walled houses and lush green plantations, it's definitely one of the most charming offbeat weekend getaways near Delhi.

(C). Darang

Another Himachali beauty, Darang is located near Mcleodganj on the road to Palampur. Walk through lush tea gardens and get mesmerized by the sounds of toads and chirping of birds. From here you can view the majestic Dhauladhars standing tall over delightful hamlets.

(D). Pithoragarh

Pithoragarh district is located in the Kumaon region of Uttarakhand. The beauty of this place is beyond explanation. Surrounded by towering snow clad peaks, alpine forests, green valley and perennial rivers, it is one of the most gorgeous offbeat places near Delhi that is still un-spoilt by commercialism.

(E). Kausani

Another undiscovered Kumaoni beauty, Kausani is the best place to view the majestic massifs of Nanda Devi, Trishul and Panchachuli. There are a few 12th century temples in Baijnath that you can visit and the viewpoints from where you can witness the mountains. It is one of the offbeat weekend getaways near Delhi that has managed to retain its natural form.

(F). Naukuchiatal

Naukuchiatal, flanked by Bhimtal and Nainital on either side, this picturesque hill town is best known for its placid and beautiful lake, the deepest in the region, which is said to be fed by an underground river. Another amazing feature of this place is its must-visit temples.

Questions 8-14

Look at the 6 descriptions of off-beat destinations near Delhi. For which destinations are the following statements true? Write the correct letter A-F in your answer sheet.

(8). This destination has rivers which flow all through the year.

(9). You can see small villages here.

(10). You can visit very old temples at this off-beat destination.

(11). Those into ornithology would love to visit this place.

(12). Though an off-beat destination, the places to stay here are really very good.
(13). This off-beat destination has not been spoiled by commercialization and you can still find an old-world charm here.

(14). The lake here is very deep.

SECTION 2

Read the text below and answer Questions 15 - 26

Questions 15-20

Fire Safety

Fire safety is a fundamental consideration in building design and management, but unfortunately, one that is often overlooked. Assess fire safety measures in your built environment with the help of this checklist:

{1}. Provide adequate means of escape: The first rule of fire management requires sufficient escape routes out of the building, in accordance with its scale and occupancy. The number, size and location of exits are specified in the National Building Code (NBC) 2005, a detailed set of guidelines for constructing, maintaining and operating buildings of all types. Office occupiers must additionally ensure that staircases, stairways and corridors are well-maintained, ventilated and free of obstacles in order to be effective in an emergency.

{2}. Install smoke detection systems: The first few minutes of a fire are crucial in containing it. Automatic fire alarm systems such as smoke and heat detectors are mandatory elements in international building codes, and particularly useful in spotting fires during times when occupancy in the building is low.

{3}. Maintain smoke suppression systems: Fire extinguishers are only useful if they work, so check them regularly. High-rise buildings, which are harder to access and evacuate, should consider installing automatic sprinkler systems. It is estimated that automatic suppression systems lower the cost of damage by 60%.

{4}. Conduct regular fire drills: Regular fire drills familiarize people with emergency evacuation methods at little cost, and also prevent panic. Nominate a fire safety officer in every building to ensure that this becomes standard operating procedure.

{5}. Use flame-retardant materials: Materials used in the interiors can save or endanger lives. The combination of wood, paper and textiles makes workstations highly combustible. An increasing number of companies, especially multinationals, request fire-resistant fabrics despite their price
premium. Doors are also assigned a fire-resistance rating, measuring how long they can remain resistant to excessive temperatures and flames without collapsing.

{6}. Ask the local fire brigade to assess safety: Fire departments, for a nominal fee, will independently assess your building's level of fire safety. Storage of hazardous or inflammable materials, old and unstable structures, inadequate escape routes or electricity overloads are potential death traps that are best assessed by professionals.

{7}. Comply with National Building Code: "Green buildings" are in vogue but safe structures are sadly not. Both the Mumbai Fire Brigade and BMC commissioner concede that 80% of buildings likely violate accepted codes of building safety, with ignorance and personal whims leading to illegal modifications after gaining requisite occupancy permission.

Questions 15 - 20

Choose no more than one word from the text above to complete each sentence.

(15). When a building is constructed, it is essential to consider what should be done in case of a fire, however, this aspect is often..........

(16). It is compulsory to have smoke ...................... as per the international building codes.

(17). If regular fire drills are conducted, it ensures that if there is a fire, people do not.............

(18). Although their costs are at a ...............Many organizations are using fire-resistant materials in their buildings.

(19). Nowadays people make eco-friendly buildings, but they are not necessarily ............

(20). The very first thing one has to ensure is that there are ................. Ways to get away from a building in case of fire.

Read the text below and answer Questions 21 - 26

Places To Visit In Manali

{A}. Hadimba Temple: This beautiful temple, dedicated to Hadimba, the wife Bhima, is one of the best places to visit in Manali. The most striking feature of this temple is that it is located in the Dhungri Forest and is surrounded by pine trees. The pagoda-shaped temple is unique in its architecture. It is one of the most popular religious attractions in Manali.

{B}. Museum of Himachal Culture and Folk Art: A stone’s throw from the Hadimba Temple, the Museum of Himachal Culture & Folk Art allows a walk through time. It houses a unique collection of
unknown antiques including religious relics, household objects, weapons, instruments, and scale models.

{C} Tibetan Monasteries: Manali also boasts of a Tibetan settlement. The famous Tibetan monasteries draw a large number of tourists, and are among the most visited and certainly the best places to visit in Manali. One can meditate here and shop for unique Tibetan art and craft objects.

{D}. Manu Temple: Nearly 3 km away from the famous Mall Road of Manali, the famous Manu Temple is among the frequently visited tourist places in Manali. Dedicated to Lord Manu, the temple’s premises offer a sense of peace and serenity to the devotees walking in. It is frequented by religious tourists and foreigners and is among the most popular attractions in Manali.

{E}. Vashisht Hot Water Spring: Almost 3 km away from Manali, the Vashisht Temple is famous for its natural hot water springs. The premises enclose a pyramid-shaped stone temple dedicated to Sage Vashisht; the hot water spring, where tourists take a bath, is said to have medicinal properties to relieve aches and pains.

{F}. Jogini Falls: The breath-taking Jogini Falls, located beyond Vashisht Hot Springs towards the Vashisht Village, is another major tourist attraction near Manali. Melodious sounds of nature, stunning views, and some sumptuous authentic Himachali delicacies - Jogini Falls has it all for the backpackers and nature lovers.

{G}. Solang Valley: The Solang Valley is among the most popular places to visit near Manali. It lies about 14 km from Manali and is the venue for winter skiing festival that is held here every year.

People of all age groups love to visit this place during winters to enjoy skiing and other adventure sports.

Questions 21-26

Do the following statements agree with the information given in the text? In boxes on your answer sheet, write

<table>
<thead>
<tr>
<th>TRUE if the statement is True</th>
<th>FALSE if the statement is false</th>
<th>NOT GIVEN If the information is not given in the passage</th>
</tr>
</thead>
</table>
(21). Jogini Falls is further from Manali than Vashisht Temple.

(22). If you are tired, a bath in the Vashisht Hot Water Springs will rejuvenate you.

(23). The Museum of Himachal Culture and Folk Art is quite far from Hadimba Temple.

(24). There are Tibetans living in Manali.

(25). The Hadimba Temple is the only religious place of tourist interest in and around Manali.

(26). The winter skiing festival held at the Solang Valley is extremely popular with people of all age groups.

SECTION 3

Read the text below. And answer Questions 28 - 40.

You should spend about 20 minutes on Questions 27-40, which are based on reading passage III below.

Climate Change and the Inuit

The threat posed by climate change in the Arctic and the problems faced by Canada’s Inuit people

{A} Unusual incidents are being reported across the Arctic. Inuit families going off on snowmobiles to prepare their summer hunting camps have found themselves cut off from home by a sea of mud, following early thaws. There are reports of igloos losing their insulating properties as the snow drips and refreezes, of lakes draining into the sea as permafrost melts, and sea ice breaking up earlier than usual, carrying seals beyond the reach of hunters. Climate change may still be a rather abstract idea to most of us, but in the Arctic it is already having dramatic effects - if summertime ice continues to shrink at its present rate, the Arctic Ocean could soon become virtually ice-free in summer. The knock-on effects are likely to include more warming, cloudier skies, increased precipitation and higher sea levels. Scientists are increasingly keen to find out what's going on because they consider the Arctic the 'canary in the mine' for global warming - a warning of what's in store for the rest of the world.

{B} For the Inuit the problem is urgent. They live in precarious balance with one of the toughest environments on earth. Climate change, whatever its causes, is a direct threat to their way of life. Nobody knows the Arctic as well as the locals, which is why they are not content simply to stand back and let outside experts tell them what's happening. In Canada, where the Inuit people are jealously guarding their hard-won autonomy in the country's newest territory, Nunavut, they believe their best hope of survival in this changing environment lies in combining their ancestral knowledge with the best of modern science. This is a challenge in itself.
The Canadian Arctic is a vast, treeless polar desert that's covered with snow for most of the year. Venture into this terrain and you get some idea of the hardships facing anyone who calls this home. Farming is out of the question and nature offers meagre pickings. Humans first settled in the Arctic mere 4,500 years ago, surviving by exploiting sea mammals and fish. The environment tested them to the limits: sometimes the colonists were successful, sometimes they failed and vanished. But around a thousand years ago, one group emerged that was uniquely well adapted to cope with the Arctic environment. These Thule people moved in from Alaska, bringing kayaks, sleds, dogs, pottery and iron tools. They are the ancestors of today's Inuit people.

Life for the descendants of the Thule people is still harsh. Nunavut is 1.9 million square kilometres of rock and ice, and a handful of islands around the North Pole. It's currently home to 2,500 people, all but a handful of them indigenous Inuit. Over the past 40 years, most have abandoned their nomadic ways and settled in the territory's 28 isolated communities, but they still rely heavily on nature to provide food and clothing. Provisions available in local shops have to be flown into Nunavut on one of the most costly air networks in the world, or brought by supply ship during the few ice-free weeks of summer. It would cost a family around £7,000 a year to replace meat they obtained themselves through hunting with imported meat. Economic opportunities are scarce, and for many people state benefits are their only income.

While the Inuit may not actually starve if hunting and trapping are curtailed by climate change, there has certainly been an impact on people's health. Obesity, heart disease and diabetes are beginning to appear in people for whom these have never before been problems. There has been a crisis of identity as the traditional skills of hunting, trapping and preparing skins have begun to disappear. In Nunavut's 'igloo and email' society, where adults who were born in igloos have children who may never have been out on the land, there's a high incidence of depression.

With so much at stake, the Inuit are determined to play a key role in teasing out the mysteries of climate change in the Arctic. Having survived there for centuries, they believe their wealth of traditional knowledge is vital to the task. And Western scientists are starting to draw on this wisdom, increasingly referred to as 'Inuit Qaujimajatuqangit', or IQ. "In the early days scientists ignored us when they came up here to study anything. They just figured these people don't know very much so we won't ask them," says John Amagoalik, an Inuit leader and politician. "But in recent years IQ has had much more credibility and weight." In fact it is now a requirement for anyone hoping to get permission to do research that they consult the communities, who are helping to set the research agenda to reflect their most important concerns. They can turn down applications from scientists they believe will work against their interests, or research projects that will impinge too much on their daily lives and traditional activities.

Some scientists doubt the value of traditional knowledge because the occupation of the Arctic doesn't go back far enough. Others, however, point out that the first weather stations in the far north date back just 50 years. There are still huge gaps in our environmental knowledge, and despite the scientific onslaught, many predictions are no more than best guesses. IQ could help to bridge the gap and resolve the tremendous uncertainty about how much of what we're seeing is natural capriciousness and how much is the consequence of human activity.
You should spend about 20 minutes on Questions 27-40, which are based on Reading Passage 3 below.

Questions 27-32

Reading Passage 3 has seven paragraphs, A-G.

Choose the correct heading for paragraphs B-G from the list of headings below.

Write the correct number, i-ix, in boxes 27-32 on your answer sheet.

List of Headings

(I) The reaction of the limit community to climate change
(II) Understanding of climate change remains limited
(III) Alternative sources of essential supplies
(IV) Respect for limit opinion grows
(V) A healthier choice of food
(VI) A difficult landscape
(VII) Negative effects on well-being
(VIII) Alarm caused by unprecedented events in the Arctic
(IX) The benefits of an easier existence

(27) Paragraph B
(28) Paragraph C
(29) Paragraph D
(30) Paragraph E
(31) Paragraph F
(32) Paragraph G

Example | Answer
Questions 33-40

Complete the summary of paragraphs C and D below.

Choose NO MORE THAN TWO WORDS from paragraphs C and D for each answer.

Write your answers in boxes 33-40 on your answer sheet.

If you visit the Canadian Arctic, you immediately appreciate the problems faced by people for whom this is home. It would clearly be impossible for the people to engage in 33 ...... as a means of supporting themselves. For thousands of years they have had to rely on catching 34 ............... and 35 ............... as a means of sustenance. The harsh surroundings saw many who tried to settle there pushed to their limits, although some were successful. The 36 ... ............... people were an example of the latter and for them the environment did not prove unmanageable. For the present inhabitants, life continues to be a struggle. The territory of Nunavut consists of little more than ice, rock and a few 37 ........... In recent years, many of them have been obliged to give up their 38 lifestyle, but they continue to depend mainly on 39 ......... for their food and clothes. 40 .......... produce is particularly expensive.